



Divorce Therapy Group

Surviving & Thriving through Divorce & Separation

- Making the excruciating decision of whether to stay or go
- Resolving guilt about disrupting your child(ren)s lives
- Minimizing loyalty conflicts and confusion in child(ren)
- Talking to your child(ren) about separation and divorce
- Navigating addiction, adultery, and emotional abuse
- Communication and co-parenting through uncoupling
- Processing the impact and decisions of the legal process
- Developing emotional strength in yourself and child(ren)
- Grieving the loss of family while creating a better life
- Also open to anyone without children or legal marriage



Justena Kavanagh
LCSW-R

- Wednesday, 11:30-12:30pm (current availability)
- Next Group to Launch: TBD
- Co-ed, Women's & Men's Groups
- \$100/ session
- Discount for prepayment
- Reimbursable through our Billing Vendor
- Meets virtually

To Register:

INFO@NYCCOUNSELING.COM
212-777-NYCC (6922) Call/Text